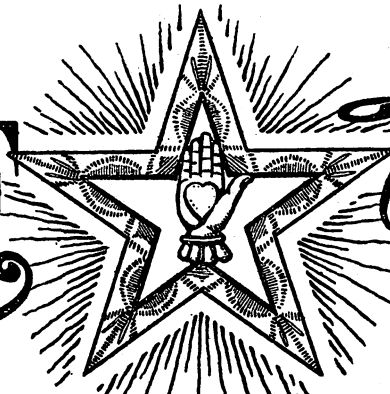


# STAR OF THE EAST



*A New Thought Journal issued monthly for the help of self and others by the practice of systematical concentration of mind; in Unity with the Universal Soul*

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## MIND VERSUS MATTER AND THEIR ANALYSES.

It is of importance that mind and matter be carefully analyzed in order to know their relation one to the other and the intrinsic value of both. Since there is no more or no less than mind and matter it will depend upon how it is presented to us whether we will be able to fully grasp the meaning of the word.

As there is nothing outside of mind we will understand that what we call matter is mind which has taken forms of various degrees.

All matter is **thought** in its crystallized forms and **man, beast and things** are the expression of that eternal energy.

It is mind that dissolves matter and it is mind which binds it together and the thought-expression is the method which is used to attract and repel as the law demands.

We see the mountains, and they look to us so substantial that it becomes almost impossible to us to believe that they could crumble to dust and again reappear, and yet it is so, and what is back of it which causes this process? It is the germ of mind hidden within the stone, although it does not appear to us as there were any life. We find the changing process everywhere but we do not realize that it is the inner energy of mind which does all. All nature is one vast panorama, one perspective in it is grander than the other, and yet man can not see that it is the Divine individuality of mind which is the power back of it.

Human, and beast life, is most wonderful in its construction materially and physically, and matter is acting the servant for the great dictator within, and although this is so plain that the most ignorant can see and understand it, yet humanity as a whole is almost totally blind to this fact. Because man is reincarnated in comparatively low matter which holds him on the animal plane (with few exceptions when one realizes the masses) that is the reason why he can not see or be conscious of anything which his outer senses can not come in personal con-

tact with, and he has thus remained in unconsciousness throughout the ages, and today he is not as yet awake to the reality that he is the greater where the matter can not see him, and under such circumstances he is not conscious of his doings as a soul.

We know that matter and mind is inseparable, as soul can not be known on any plane without a covering (form) and this will be in quality on each plane as the plane is in advancement, but it will be matter there as well as on the other planes, and as such it will always be the servant of the soul although the soul advance by using the matter and matter by being used as form (covering), thus we see that matter is the clay and the mind the "potter," but they are one. If mankind could see this, in its present condition, there would not be so much strife, as we could live more in harmony with the law and there would not be so much confusion as it is now. But, we can see a purpose in confusion, as all things rise by the mind power within it there is individuality which struggles back of the things we see and through the confusion it will rise in the final to the knowledge that mind is the director behind the movements. Matter must struggle until its inner self has paved its way to the understanding that it must reach the same plane as it had in the beginning. From the above we see that matter is not the real but the dillusionary self, and it follows that we must live in and recognize the inner self, the mind and soul, and apply its power upon the movements of the outer self (the body), and only in this wise can we come to the true understanding of self. Happiness is not in the body until mind has first recognized it, nor is there any pain in the body until the mind has first recognized it, and this ought to prove to us without further argument that it is not the matter which is the real self but it is the mind which moves the matter in which we are incased.

The outer senses are trainable, and so is thought the expression of the universal mind latent in all things, and the will, which is the individuality of the soul, becomes cultivated by the use of the thought and the higher self will direct the thought-expression in what channel the soul directs it, and the more the mind-power is directed upon the action of the will, the more we will be able to conquer circum-

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stances which confronts us. A person with small Will power has small thought and forethought-power, and such become afflicted with all kinds of sorrows.

The whole race is deluded because it deals with the delusion instead of the real; it deals with the external materia instead of dealing with the inner power of things. It judges from the surface because it has not learned that the real power is not there but deeper beneath.

The race has no power, no stamina, no individuality, and is not worth the name of humanity, but should be called, as it is, animals, because it has not cultivated the power which alone is the self and can direct all the movements of the outer self (the body); this, however, will come shortly to pass and then we will see that it is true what we have been told by the expounders of wisdom, that we live in the delusion and we grasp at the phantoms while we allow the mind, the self, to depart from us seeking for better matter through which to express its Will.

Until the matter has passed through enough changes to enable it to **think** and take part in the processes which thought go through it will only serve as cases for the expressions of the mind and will, but it cannot be placed upon the plane of consciousness nor can it be the director of the movements and circumstances which it must go through to learn, and in this wise it is not its own master, but it must be mastered by the higher power of the soul and Will—the great mind of the universe.

We see the difference between the mind and matter in the respect of which we have spoken above, and now we must realize that matter is the lower self as it is the substantiation of the mind, but in its primary state. Now we can see how ignorant humanity is to look upon and deal with the lower, the surface, the unconscious; we can see the reason for all the failures and disappointments, for all the sickness and untimely passing off of the race, by not understanding to use the power of the Will, it has nothing to lean on, the Will being the expressor of all the inner faculties, which are able to sustain the outer (body) in all which it might come in contact with.

The Will gives life and activity when we would die without the use of it, and the more we understand its relation to the soul the more we will direct its use upon the higher thoughts and by so doing we will bring into use all the qualities which will lift us mentally and bodily to a higher plane.

Because of the close relation between mind and matter we will see that thought cannot be active without taking matter with it, and in dictation of the law there must be affinity between both, hence it is that we attract to us by our thoughts what we have as experience.

Since all emotions is in the mind, it is clear that we shall not remember the outer after we have layed it off, but our life will be as the thoughts which we have created while in the body.

We will have joy and sorrow, because it is in the mind, and the body will not know of it any more than it knows of the experience which we

have while in sleep; because the mind is working like in our awakened state although the body does not take part in it while in sleep, but we remember and find our experience just as natural as though we had been in it bodily.

This is the lesson which mankind must learn while in the body, and we will look at life in a different light. Life in the body, (or rather, in the lower matter from which the body is built) is delusionary because we do not look beyond it to the mind hidden within, and it is this which gives us so much pain and weariness.

Are you happy, it is in your mind; if unhappy, it is in the mind; hopeful, it is in the mind; love is there, hatred is there, success is in the mind before it is acted out in matter, and the more the thoughts dwell on success the more we shall have of it, and vice versa. Are you sick, it is in your mind before the body has the experience of pain; death is in the mind, because as long as man exerts his will-power he cannot die, but he will rise out of the clutches of death and live on as long as he thinks he shall live, but as soon as the mind gives up to the thought of death, nothing can hold mankind here.

You must learn to live truly and not in the shadow. You must learn to have more communion with your soul and not look in the outer covering for the self. Matter is the servant, but the mind is the master and whosoever rely upon mind and uses the power of Will he will become so strong that "hell" itself cannot overpower him.

If I want to keep youthful, I must hold my thoughts in the mind of youth, as there is not age in mind but only in the outer and delusionary surface. If I seek happiness I must receive it from the ever happy mind. If I wish to become spiritual, I must live in the unseen and know that it is the real, and train my thought and Will to remain there, as then I will become surrounded with the mind-matter, which is finer than the outer matter which we stir up by holding our thoughts on the outer body, and I will become like the matter I draw to me by my thoughts.

Do not be deluded that by outer means alone we can become real and live in reality, as it cannot be, because we must will our thoughts to live in the mind life, the power back of the unreal, and understand that in that way alone can we know the power which is in us and the possibility of our lives. Whatever our thoughts dwell upon that will become an outer reality. Can you see this, my reader? Can you realize the reason why life is a misery to most of the race from what I have given above? If you can then you will understand that the way to greatness is in the mind, and your thoughts directed by the soul-individuality which is demonstrated by the **Will** is paving the way to the realization even for the outer man.

Now you can understand why we do not have the recollections of the body after we leave it, because it is unconscious and as such it will dissolve into atoms as before, and the actions of the released mind in the matter will again exert itself and thus gather the atoms together with finer and stronger energy than before.



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We shall remember such experiences while in this body which were not of the body but in the mind as they are the real, and it is in this way that death is a release to many whom suffer pain on this plane.

Think much, often and intense of mind as the **real**, and it will draw matter to you by which every injury of the body will be healed. Think lovingly of your soul as the **real yourself**, and it will teach you to love and you will be loved. Train your thoughts to sojourn in the invisible, and you will have better success than you have had before, for all is mind and its thought-expression will bring its **Will** to bear upon the outer and unconscious mind (the body) until it will completely change yourself and everything around you. It is the great universal **mind-will**, which holds everything in its scales and in it matter, the covering of the mind, is being weighed and is found wanting, because as yet the germ in it is slumbering, but as soon as we learn this we shall rejoice on the way to greatness.

### LESSON IN CONCENTRATION.

Knowing that our friends do not realize the importance of the study for mental poise and therefore they do not practice the lessons which have been given in the Star in the past, we pray that we might stir up more zeal in their hearts to realize that our relations to life as a whole depends upon our knowledge of the inner power of our being, and not only this but more—the use of it in our daily lives.

Can you not turn within and live in the great kingdom of self? Can you not understand that we must learn to show the principles which are the expression of the higher self? and also that this becomes revealed by holding the thoughts within yourself until you find them expressed by the body in the different details of motion.

We should understand that no one can live our lives, no one can unfold the principles which we must demonstrate in order to rise into higher expression of the soul. Concentration is not as much to hold the thoughts for an indefinite time upon one subject, but, my beloved, it is much more than that, for as we know that every thought is expressed in and through its own matter, whether high or low in evolution, so does it bring to us the same elements which it is active in, it is therefore that hatred brings sickness to the body of all kinds, jealousy creates cancer in the body, misers, who live for nothing but their own selfishness, they will always be troubled by dyspepsia. Rheumatism, etc., and their hair in most of the cases falls off, and peace is unknown to them; this is not as much inherited as more it is brought by the vibrations they draw to them. In this lesson we will try and draw to us purer elements by thinking of better things than we generally do, and we shall find wonderful help. We shall meet in thought upon higher planes, both mornings and evenings during temptation, sorrow, pain, and disappointments, and it will be of far less duration than otherwise.

We will meet in this wise for thirty days, 5-7 A. M., 9-10 P. M., from the 7th to the 7th.

The thought in concentration will be held on

the Divine Self Lesson is the 121st Psalm of David.

### TEMPLE STUDY.

What we shall try to learn by this study is to understand the power of the inner self and its application.

Wheresoever the mind deal with the higher there is the temple and the true self will be revealed there.

The aces in the pack of cards are meant to tell us of the source of all in man and things—**air, fire, water and earth** combined. The Genesis of the Bible shows us how all that we see and do not see has sprung from this source, and we are reminded of the same truth by the construction and activity of our own body.

We are not dealing with a symbol which teaches one thing today and another tomorrow, but we find in it an everlasting principle like God who is in man and things. We find centers in the body from whence flows the life to all the members throughout, and it is by the power of these centers that the body renews its life lest we would not last bodily for more than seven years. When we understand that it is true that we go on from one plane to another we will see it is needed that we learn of the past as well as of the now and tomorrow.

“Karma” is immutable and we must fill its demands by working out our own salvation, and this the pack of cards teaches us as soon as we can understand its symbols.

Because of the relation of this book to the heavens and all therein, earth and all thereupon, it can become a medium for greater power to be expressed within us than ever before. The aces represent the soul of things, and it is from this standpoint that we draw to us finer life by laying them out for the explanation of the higher life or the invisible. The prophetic part of this book is only the secondary matter, because we must learn to know ourselves before we can read the exterior occurrences.

In the first chapter of Genesis we find that there was water, over which the spirit hovered, and as it is the symbol of the inner soul, we see that all things have sprung from the spirit.

The aces in the pack of cards symbolize the same thing. They are the source from which other cards spring. (I mean the smaller up to the higher.) Each ace is the center of its own suit, the symbol of the germ from which the different species rise and unfold to higher expressions.

The two higher aces (club and heart) symbolizes spirit and soul, while the two other shows matter, water and substance.

As it is around us so it is within, as there are different organs dependent upon the great source, the **nerves** for their activity, so it will be seen that the human body is represented, as well as everything else, by the figures in this book. That it has been used for gambling and other violations of the law, shows that humanity is completely unaware of its value. Would that we could make you see that you are the most important where you least expect, and that we must learn that the visibility of man is but his shadow. We do not speak in an individual sense but from abstract point of view



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when we show that the different organs in the body are centers corresponding to the centers in the Universe.

We must worship in the temple of the soul within us, and learn that as long as we only recognize the external we cannot receive the true revelation of the spirit. By laying the two higher suits upon the altar (whenever we are alone and in peace with ourselves there is the altar) in the double moon figure praying for peace and surrendering to peace we will gain wonderful strength spiritually and mentally, as the symbols of the cards attracts to them the power which was active at the time they were invented. Wisdom brought forth this wonderful book for the purpose of giving the understanding to those who live in harmony with the law. We cannot hate and expect wisdom from this, or any other book, nor live in selfishness and expect the light which will shine forth upon our pathway, if we live true. As we go on in this study we will find that it is required that we think of it and deal with our inner selves, and as we do so we will gain understanding. Let all card students meet with us at the altar on Monday mornings and realize that with this wonderful figure before us (double circle of the moon) we are in contact with the Divine spirit. Surrender to your inner **higher self** at "**temple sittings**" and note the effect upon the body. This study will teach us how to live within and students must consult their notes to be helped by it.

Question box . . . . .

Q. In the last issue of the Star I see that you combine the atlantian of the past and the people of today. Has not the matter from whence they came been destroyed, and new matter made bodies for our race? Oscar.

A. Brother, we do not refer to the body in particular, in combining the past and the present, but more to the latent power and different gifts which the wisdom of the great people of the past have placed in the present race.

Q. What difference is there between the Bible, and the Bhagavadgita? Alice.

A. The first mentioned book speaks in symbols of **people**. Planets and things which has happened, and the latter speaks in Divine wisdom of people and **to people direct** and show the way to higher attainment.

Q. How can the pack of playing cards give the power of wisdom when one cannot understand it? Lou.

A. Because it is not understood, that does not take away the power from it, but when it is understood it will be seen that it brings forth the dormant power of wisdom which is resting within, as soon as mankind will begin to live within and realize that the soul power must become quickened to action then there will be demonstrations by which to prove that this book have the Divine language upon its pages.

Q. What can one do who is starving for love and affection to be satisfied?

A. My Brother, you must learn to love in the abstract, and your soul will be filled with the love which will rebound to you in return.

Q. Which gift should one try to develop first? Ernest.

A. Give yourself up to the great Divine consciousness and that for which you are most ready will become manifested first.

Q. Where is the temple you speak of, sister? Sally.

A. First of all, it is within the soul of man, and externally it is where he surrender to the service of the Spirit and to his fellowman.

Q. Sister do you believe that every woman come to this earth to be mother? Catherine.

A. No, beloved, no. We find that a great majority is too spiritually advanced to become mothers, for it is a fact that when a woman has advanced so far that she uses her "**prana**" for spiritual unfoldment she can no longer give it for physical bearing.

Q. Does the sexes change so that they cease to express themselves as positive and negative or man and woman? Carl.

A. A very good question my brother, let me say that soul does not recognize male and female like the physical senses on this plane, where the spirit dominate there is not man and woman, only spirit within, where all the principles and forces are unified.

Q. Can a vegetable diet advance us higher if we have not harmony around us?

A. No, sister, if there is not harmony within and around us, neither diet nor other external observances can give us spirituality, because it is the first demand of the law that we have peace within and around us.

Q. What is meant by the word "Guru"? Alford.

A. The Hindus call their teachers, particularly their invisible teachers, their "Guru."

Q. What is the best way to prevent looking old? Lucy.

A. First do not hold age in your mind, but always recognize youth, next abstain from the eating of flesh, and the drinking of teas and coffees, live on vegetables, have peace in your mind at all times, use oils on your skin, as that feeds the nerves; hold high and happy thoughts and you will find that the more years you add to your life the younger you will look and feel. Use not soaps, corsets nor high heels.

Q. What is the best remedy for divorces? Dump.

A. The best remedy for this social dilemma is in our humble opinion to teach your children the law of life, principally purity, tell them life's processes, both in marriage and before; teach girls and boys what life is in this wise, so that they understand what they are going into when they marry and there will not be as many divorces as we have now to contend with; as long as humanity is in ignorance of life there can be nothing but eruptions.

Q. What is the best study for growth. P.

A. The study of life, practical life, such as it is every day here and now, without creeds, narrowness and dictations of others. Freedom in soul is the best teacher.

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